

# City Farm - SLO CSA Subscriber Information for 2016

## Farm Contact Information:

City Farm - San Luis Obispo  
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San Luis Obispo, CA 93403  
(805)769-8344  
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*We, the farm, wish to provide you with fresh, local, seasonal food and you, the member, wish to receive a portion of our harvest. This agreement outlines our shared commitments to that relationship.*

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## **Section 1. Introducing the City Farm - SLO CSA**

### **A. Becoming a Part of City Farm**

Thank you for supporting the City Farm - San Luis Obispo CSA. We are grateful for your desire to be a part of our 19-acre community of local farmers.

**What is a CSA?** Community Supported Agriculture (CSA) programs have grown in popularity since their introduction in the United States in the early 1980's. There are a wide variety of CSA formats and most aim to build a deeper relationship between CSA members and the farm. CSA programs provide a method for members to share the risk and bounty of the growing season with the farmers. Importantly, they also provide resources for farms to purchase seeds, fertilizers, & supplies in advance of the harvest and reduce the farm's reliance on traditional credit. When you purchase a share in our CSA you receive a weekly allotment of the harvest; a variety of delicious vegetables grown without the use of chemical fungicides, herbicides, or pesticides.

**City Farm CSA** City Farm is San Luis Obispo's first urban farm, spanning 20 acres in the heart of the City on the Calle Joaquin Ag Reserve. The land has been leased to Central Coast Grown for agricultural purposes as one way to uphold a city policy that requires 50% of prime agricultural land to remain under production. The City Farm CSA will increase community appreciation for and participation in local food production and community health, while also showcasing the produce of our tenants, all of whom are small, beginning farmers (farming 6 acres or less and for less than 10 years). Additionally, the CSA creates a structure upon which our education programs can expand and thrive.

Our CSA runs for 22 weeks, from June to November. Members are responsible for showing up at the farm every week to pick up their share of freshly harvested produce. They will generally receive 5-10 different items all grown by City Farm tenants. Detailed information regarding pick-up is discussed below in Section 3. Variety and quantity may vary as described below in Section 2.

#### **The Crew**

*Nicki Anderson* began her farming career in 2011 at Green String Farm in Petaluma, CA. She then transitioned to New England, working as a full-time tractor operator at Red Fire Farm, in the Pioneer Valley of MA and Production Manager at Brix Bounty Farm in Dartmouth, MA, before moving back to CA to help build City Farm.

*Dena Paolilli* has helped start and worked on farms in the Davis and Sacramento region, including Full Circle Farms, Heavy Dirt Farm, Soil Born Farms, and Say Hay Farms. She has also worked in Vermont at Merck Farmland and Forest, and has volunteered at several farms in SLO County.

*Niko Comati* is a Crops Science major at Cal Poly and began his farming career in 2013 at the Cal Poly Organic Farm. He has WWOOFed in France and has worked at City Farm since Spring 2015.

#### **Our Tenants**

Greengold Organic Farms, Matthew Bowling

Dacite Farms, Michael Huggins

Red Barn Farms, Javier Magana

## B. Our Growing Practices

All of the land at City Farm has been managed without synthetic pesticides, herbicides, and fungicides. While we follow growing practices which focus on restoring health and vitality to the earth, we are **not** certified organic. Central to our stewardship effort are actions that build fertility through natural methods including the use of cover crops and applications of rock minerals, which alongside vibrant soil biology provide a foundation for growing healthy crops.

### **We do not use synthetic pesticides, herbicides, or fungicides on the farm...**

*Ultimately our farming methods are grounded in embracing the interconnected nature of ecosystems and the human environment; striving to improve our soil quality and help make farmland a valuable resource for future generations.*

We are proud to be among a growing number of farmers across the country that focus their production efforts on increasing the nutrient content of their crops. Our goal is to produce and promote nutrient dense foods. This is not a quick process, invigorating soil biology and increasing the mineral content of our soils takes time, and therefore we are still in the early stages of our journey toward high brix crops.

We aim to consistently provide great quality vegetables every week of the season. Brix, which is measured using a refractometer, approximates the total dissolved solids in a liquid. In our case it gauges the carbohydrates and plant metabolites of plant sap. Sugars are produced through photosynthesis in plants, and a higher brix reading often correlates with increased levels of minerals and nutrients in our crops. Working toward growing high brix crops not only brings a focus upon quality and taste, but it also emphasizes growing healthy crops with stronger immune systems, resistant to disease and pests; thereby reducing the need for rescue chemistry often utilized in conventional agriculture.

### C. The Products We Expect for 2016

This list is based on our best estimate, but of course weather, pests, and other events will affect actual production.

*Alliums:* Garlic, Leeks, Onions, Scallions

*Chenopods:* Beets, Spinach, Swiss Chard

*Greens:* Mesclun lettuce mix, Full Lettuce heads

*Herbs:* Basil, Cilantro, Dill, Parsley, Sage, Chives, Oregano, Thyme, Rosemary

*Brassicas:* Arugula, Asian Greens, Broccoli, Cabbage, Chinese Cabbage, Kale, Radishes, Turnips

*Cucurbits:* Cucumbers, Melons, Sugar Pumpkins, Summer Squash and Zucchini, Winter Squash, Watermelon

*Legumes:* String Beans and Sugar Snap Peas

*Umbels:* Carrots, Celery, Fennel

*Nightshades:* Eggplant, Tomatoes (Cherry, Heirloom, Paste, & Slicing), Hot and Sweet Peppers

*Strawberries, Ginger & Turmeric offered in our Full Share only!*

We will also open up a section of the City Farm & Garden  
for regular **Pick Your Own** opportunities!

## Section 2. Our Shared Commitments

We promise to do our best to provide you with a bountiful share each week. The quantity of vegetables and herbs, however, may vary from week-to-week due to extreme weather, insects, or other production factors. By joining our CSA, you are agreeing to share the risk of crop failure with us and other subscribers. In the unlikely event of a crop failure, our procedure is as follows:

If only a small portion of crops fail, we compensate for the failed crops by filling your share with other crops grown on the farm that are ready for harvest at that time. If a large portion of crops fails, we may not be able to deliver any product in some weeks.

Each season offers its blessings and challenges and may impact the amount and variety of produce members receive. When investing in City Farm's CSA program it is important to realize that you are *sharing the risk and sharing the bounty*.

We will be building a farm stand this summer, which may offer a higher level of flexibility for purchasing produce; however not all crops that we grow for our CSA program will be available at the farm stand. **Our CSA customers are always our highest priority and primary market.** CSA membership also provides you access to our pick your own (PYO) garden providing opportunity for a deeper connection to our farm.

### **City Farm - SLO in the Community...**

Increasing local capacity for growing healthy food is one of our farm's objectives. To this end we are actively engaged in the community by offering educational programs and workshops.

### Section 3. Picking Up Shares

**Pick-up** will be at City Farm, located on 1221 Calle Joaquin, San Luis Obispo, under the shade of our Pergola. Each CSA subscriber will select their own vegetables following instructions laid out at the pick-up station.

Pick-up times will be either Monday or Friday 3-6pm

You are responsible for observing our drop site rules, which are as follows:

1. [Bring your own bag and leave the box at the site/Return last week's box every week]
2. Pick up your share within the timeframe stated.
3. Be respectful of our tenants' farm property. The Speed Limit is **10 mph** to avoid dusting the crops and for general safety.
4. Follow additional rules posted at your drop site regarding [parking/use of certain entrances/boxes].

If you cannot pick-up your share, you must arrange for someone else to pick it up for you. You are responsible for explaining the pick-up location and procedures to your substitute.

We take the safety of your food seriously. For your added protection, wash all produce before eating.

## Section 4. Member Fees

By selling membership in advance of the growing season, CSA reduces the burden of up-front costs for the farmer.

**Share Size:** We offer two share sizes, a full-size share which will include an average of 8-12 different vegetables each week and is suited for a couple or family who cooks most nights in the week and enjoy multiple servings of vegetables. A partial-size share includes an average of 6-10 different vegetables and is designed for folks who cook 3- 4 nights per week.

*We must stress:* Members who enjoy participating in our vegetable CSA program have the interest and enjoy spending time preparing meals and cooking. For members who are new to seasonal eating, please note distributions are usually smaller in June as we wait for main season crops to mature.

**CSA Share Price:** Our share prices reflect our deep commitment to growing top quality produce using sustainable practices that emphasize care for the earth. Central to our farming philosophy is a focus on healthy soils and we continue to amend our soils to build long-term vitality while focusing on crop nutrition.

**Full-Size Vegetable Share: \$600**

**Partial Share: \$400**

At the heart of sustainable agriculture are fair prices for farm products; by investing with our CSA program you are directly strengthening the local food system and ensuring our farm will continue to provide locally grown produce for our community. ***We sincerely believe investing in our CSA will not only be a culinary delight, but will become a cherished and significant source of health and vitality for your family.***

If you chose to pay the membership fee upfront, please enclose a check for your total amount due, made payable to Central Coast Grown with this signed agreement form. By submitting an agreement form you are agreeing to pay the membership fee for the share you indicated above.

All payments are non-refundable beyond the fourth week of the season.

## Section 5. Communicating with Us

The best way to communicate with us is via email:

[cityfarmCSA@centralcoastgrown.org](mailto:cityfarmCSA@centralcoastgrown.org)

We will do our best to respond as soon as possible, but please understand that we spend most of our time in the field growing your food and not at our desk. Please contact us with any news of the following: changes to your postal or email address, changes to your drop-site location, problems with your drop-site, or dissatisfaction with your share.

We will communicate with you by email. When you sign up, you will be added to our distribution list. Please read your email from us. We depend on being able to communicate important information such as necessary changes to your distribution schedule or to our farm events. Every week, we will email an [update or newsletter](#) giving you information about the crops available that week, recipe ideas, or other farm related news.